

CNO charts Navy's course for 2003

By JOC Walter T. Ham IV
Chief of Naval Operations Public Affairs

WASHINGTON (NNS) —Chief of Naval Operations Adm. Vern Clark praises Sailors for the Navy's tremendous successes in 2002 and announces a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century, in the new CNO Guidance, released this weekend.

In CNO Guidance 2003, which is available at www.navy.mil/cno, the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, conduct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's Top Five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," said Clark. "Forward deployed, combat ready naval forces — sustained by naval and civilian shipmates around the world — are proving every day the unique value of sovereign, indepen-

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A touch of home: Days' spend X-mas in Sig

By Maria Greger
Contributing writer

Days of Our Lives cast members James Reynolds, Matt Ceden, and Alison Sweeney served Christmas dinner to Sailors while on a 7-day tour sponsored by the USO and Armed Forces Entertainment here in Sigonella on Dec. 25, in gratitude to all soldiers.

The NBC hit drama, *Days of Our Lives* was created by Ted and Betty Corday, Irna Phillips, and Alan Chase in Southampton, New York. The soap, which has been running for 36 years, debuted in 1965 as a half hour drama and was expanded to a full hour 10 years later. A consistent favorite amongst its viewers the show as enjoyed its spot as number one in the Women's Ages 18 to 34 demographic for the last 300 weeks. *Days* not only has won numerous "Soap Opera Digest" Awards and People's Choice Awards, but it has also received several Emmy Awards and Nominations.

Coming to Sigonella from the set of *Days* was James Reynolds, Matt Ceden, and Alison Sweeney.

James Reynolds, from Oskaloosa Kansas, joined *Days* in October of 1982 as the well respected Police Commander, Abe Carver. Reynolds is also a former U.S. Marine and Vietnam veteran. He now resides near Los Angeles with his wife and son.

Matt Ceden, who enraptures the *Days* audience as the mysterious bad boy Brandon Walker, was born and raised in Washington State. A high school football injury abruptly ended his career and he soon found himself winning modeling gigs in Italy, Spain, New York, and Los Angeles. He now lives in the San Fernando Valley area of Los Angeles.

Alison Sweeney, raised in Los Angeles, plays the enticing yet extremely devious Sami Brady. Sweeney has won 3 "Soap

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Hometown Weather

Altoona, PA



High 35°F - Low 22°F
Cloudy with 10mph winds

Postal clerks sort it out for Sig

By JO2(SW) Brian Johnson
Signature Staff

Sigonella — the "Hub of the Med." We may hear this phrase a lot here in Sicily, but when it comes to the post office, it's true. On a daily basis, the post office manages to handle thousands of pounds of incoming mail, and get Sigonellans packages to loved ones in the U.S. and forward mail to the various ships in the area of responsibility; the entire Mediterranean Sea.

The quantity of mail isn't at all equal to the quality of service you'll receive when dealing with the post office here at NAS Sigonella. "Our office operates with four military personnel and one civilian," said PCC(SW) Hector Rivera. "They handle, on average, between 2,000 and 3,000 pounds of mail a day. During the holidays the amount of mail we handle triples."

PC3 Carrie Jo Lautrup elaborates on the stress of handling that much mail by adding, "It feels like we are always here. Sometimes the work is stressful because we can't put work off for a couple of days. However the customers are very appreciative of the service we give them."

For those of you wondering what takes your mail so long to get to you Rivera says look in the mirror. "It use to take a long time for mail to arrive from the states, but nowadays it's a matter of a week to 10 days," he said. "When I was in Rota, Spain ten years ago it would take two or three weeks to get mail, but

mail moves quicker now. If it's taking a long time for you to receive something then it's either because it was addressed improperly or someone isn't picking up your mail on a regular basis."

However there are other factors involved with how long it take to get mail. Let's say someone is sending a letter to SN Whatshisname here in Sigonella from California and they address it to Sigonella instead of using the FPO, "that puts the letter into the international terminal in New York and delays it getting here," said Rivera. "Also you have to take into account that it can take three to five days for a letter to get to New York and another three to five days to get here. Making sure people use proper addresses will improve the time it takes to get your mail."

And take into account that once your mail gets here it still has to be sorted. "It takes a while to sort mail if people don't use their ZIP code plus 4," said Rivera. "Using a ZIP code plus 4 reduces the amount of time it takes for us to sort the mail especially when you consider we have over 1200 mailboxes to put mail into."

Fortunately for the Sailors and Marines at the Post Office they can handle the job. "This is the little engine that could," claimed Rivera. "It's a tough uphill battle but we keep chugging along."



Photo by PH2 Damon J. Moritz

A NASSIG Post Office staffer hands packages to a postal customer through the base post office package pick-up window.

Debt constantly causes problems in home life along with long term effects that hinder financial reports, loans and career moves. Unplanned shopping during the festive season can lead to trouble shortly after. In other words...

Don't spend your holidays away

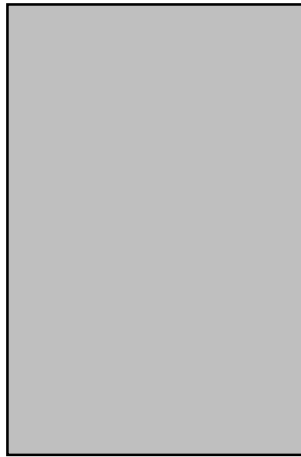
By JO2 Jay Price
Signature Staff

Finding ways to buy gifts and party favors are easy with the vast amount of credit cards, home layaways and loans available. To not use them, or spare them willingly is the true key to a stress-free, after-holiday.

Even though the holiday season is over, there are still remnants that won't be seen until February, when Christmas' bills arrive in the mail. The number of people who find themselves in trouble increases about 10 percent in February than any other time of the year.

"We see more people in February," said MM1(SW) Walter Nieves, Command Financial Educator, "because that is when the holiday spending catches up with them. In February, there is an urgency to find money to pay off all credit card debt. You can also see people with higher stress levels [in February,] just because of money problems."

The counselors at the Fi-



ancial Office are trained to help even when problems turn for the worst. According to AEC(AW) Gene Wynn, another Command Financial Educator, most problems can be fixed by taking a look at spending habits. Wynn said some people would be spending too much in one area without realizing it, such as \$500 a month on a car lease or \$900 a month on groceries.

"Everyone thinks a bud-

get is a set plan that you have to go by. If you were to come in and we did a budget on you, we wouldn't sit down and tell you how much you can or cannot spend every month," said Wynn. "We find out what you do spend your money on and maybe have you realize what your money is going toward."

"[Our job] is to build plans that you can manage and pay off without having to lose any sleep," interjected Nieves.

After an individual comes in and are financially prepared to tackle the oncoming bills, the counselors then offer advice to prepare them for the next year. "If you are having troubles for the holidays, it's only because you waited until the last minute," said Wynn. "If you started in January or February, and put \$75 to \$100 a month into a Christmas Club Account, you could have \$1,000 to \$1,200 during Christmas you

could just spend. You've already budgeted it in and you've already lived the other 11 months without it. There won't be charges to credit cards, there won't be layaways or stuff like that; you will pay cash for it, and you won't have to worry about upcoming bills."

Wynn added that the

counselors do not refer people to SJA unless bills have gone neglected long enough that payments cannot be made. During 2002, no referrals were made and all counseling sessions remained confidential.

For questions or appointments, call 624-2363 or 624-4666.

- ☐ Plan Ahead
- ☐ Start a Christmas Club Account
- ☐ Use home layaway over credit cards, you'll owe less and for less time.
- ☐ If you find yourself getting behind, don't be afraid to contact the counselors a.s.a.p.
- ☐ Financial counselors aren't the only type of help... Navy Federal also has a debt reduction plan
- ☐ NMCRS have counselors and programs that can help when referred by the Command Financial Counselors.

How are you doing with your new year's resolution so far?

Photos by SN Michelle Watkins

DKSN Terrence Robinson - PSD

"So far I am doing good. This year I committed to getting bills paid and keep up a good job at work, so far I am on course."

Deb Cooper - Dependent

"Because I am PCSing out of here to go to the states, my resolutions have not been going good so far. I plan on starting in the states with a fresh start at a new place."

Julio Garcia - Dependent

"They started good; I am looking forward to finishing my resolution which is getting my master's degree while I am here."

PN2 Timothy Traylor - PSD

"I did not make any new year's resolutions."



Direct Line

Capt. Tim Davison
NASSIG
Commanding Officer

Happy New Year/Buon Anno!

The holiday season is wrapping up and everyone is getting back to work. NAS Sigonella is hosting a lot of important events this month. These include the quarterly Commander Navy Region Europe CO-CMC conference, Navy Europe Public Works Conference, NASCAR legends Bobbie Allison, Jeff Gordon and Dale Earnhardt, Jr., AIMD change of charge and several base tours for local schools and groups.

Sir Winston Churchill once said that a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. The challenges we will face today will be our opportunities to excel tomorrow. Making the most of our Navy careers benefits our families, our Shipmates and ourselves. Many of our Sailors will be taking the Chief's exam on Jan 17th. They have made a decision to strive to be one of the best...a Navy Chief. Use this next promotion cycle to make the most of your Navy career...study, learn and watch the benefits pay off.

As our construction projects continue, the base improves on a daily basis offering a better quality of life for our Sailors and families. We've had some delays in getting the new ATM machine in place, which will be located between the current ATM and the Cambio machine on NAS I, but I've been assured it will be up and running by the end of the month. The new playground over by the school should be opening at the end of March. I believe everything else is on track and we are making great strides to make this base a showcase in the European theater.

MWR is having a variety of activities during the month of January. From the sporting events to cheerleading practice, from the great ITT trips to Da Michelle's restaurant on NAS II, MWR is a great way to get connected in the Sigonellan community. MWR has something to offer everyone. Take advantage of every opportunity here to see and experience the island.

Our base newspaper, *The Signature*, has improved its format! *The Signature* is a great way to learn what is going on around the base. The new updated style and layout offers a more focused, community-minded newspaper that will provide you the information you need when you need it. Every newspaper changes at some point and I'm very impressed with the proactive improvements initiated by our Public Affairs department. The benefits of the new paper format to the base community will be outstanding. Read and enjoy it!

Welcome back and keep up the good work.

NJP Results


An E-7 was found guilty of drunken or reckless operation of a vehicle. The member was awarded forfeiture of \$1446 pay per month for two months (one month suspended).

An E-4 was found guilty of failure to go to appointed place of duty and drunk on duty. The member was awarded 30 days restriction, 30 days extra duty, forfeiture of \$734 pay per month for two months (one

month suspended), and reduction in rate (suspended six months).

An E-4 was found guilty of wrongful appropriation, assault consummated by a battery, and threat, communicating. The member was awarded 60 days restriction, forfeiture of \$734 pay per month for two months (suspended for six months), and reduction in rate.

An E-4 was awarded reduction in rate (suspended six months), restriction for 30 days (suspended six months), and forfeiture of \$100 pay per month for one month for violating Article 95 – Resistance, flight, breach of arrest, and escape and Article 108 – Military property of the United States-sale, loss, damage, destruction, or wrongful disposition.



SECURITY BLOTTER

CRIME STOPPER'S HOTLINE
624-6389
Dec. 30 - Jan. 5

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 6
- Traffic accident with injuries - 5
- Car break-ins - 8
- DUI - 2
- DUI's 2003 - 2
- DUI's 2002 - 35

TRICARE mail order pharmacy begins soon

By Rudi Williams
American Forces Press Service



Photo by PHZ Steven Harpou

HN Isabel Ramirez from Los Angeles, California prepares hundreds of prescriptions for care of the crew. The USS Theodore Roosevelt (CVN 71) medical department administers care to a crew of over five thousand sailors. Theodore Roosevelt is operating in the Adriatic Sea in support of Operation Allied Force.

WASHINGTON (NNS) — More than 400,000 military pharmacy mail order customers will be switched March 1, to a new TRICARE Mail Order Pharmacy program, according to Army Col. William D. Davies of the TRICARE Management Activity, Falls Church, Va.

Services will continue under the National Mail Order Pharmacy contract until Feb. 28, he noted. The next day, March 1, Express Scripts Inc. will provide services under the new TRICARE Mail Order Pharmacy program, Davies said.

Express Scripts Inc. of Maryland Heights, Mo., won the \$275 million, five-year contract in September to provide mail order pharmacy services for TRICARE beneficiaries.

The director of DoD pharmacy programs, Davies said beneficiaries who have refills remaining on prescriptions on March 1 will be transferred to Express Scripts so they can continue ordering medications on time, with a few exceptions.

"We can't transfer narcotics or other controlled substance prescriptions, nor can we transfer compounded prescriptions - those that are physically prepared by the pharmacy," said Davies, a registered pharmacist with more than 23 years of active-duty service.

Medication that requires refrigeration is shipped through priority mail or a courier service, the pharmacist said. "That's one reason we don't send medications that require refrigeration to APO and FPO addresses overseas," he noted.

TRICARE beneficiaries living and working overseas can use the mail order pharmacy if they have an APO, FPO or a U.S. embassy address, but a provider licensed to practice in the United States must write the prescription.

In early January, current users should receive a post card announcing the new services. A mailing that will include a registration form, a description of benefits and a brochure covering the TRICARE program will follow.

Those eligible to use the current mail order program or the retail benefit are eligible to use the new TRICARE mail order program. New customers have to register for the program. Information will be provided through the TRICARE service centers, military treatment facilities pharmacy, as well as their marketing points of contact.

The usual delivery time for medication is five to seven days. The easiest way for patients to ensure they don't run out of their medication is to have the provider write for up to a 90-day supply with up to three refills. The beneficiary can request a refill once 75 percent of the medication has been used.

"So about day 70 into their medication, they can request a refill," Davies said. "That provides them a cushion."

He said all medication is screened for

potential drug interactions or therapeutic overlaps that could produce an adverse drug reaction. He said patients' complete beneficiary profiles are entered into the Pharmacy Data Transition Service, which enhances patient safety by keeping their medication records current, on file and readily available.

The new contract saves taxpayers' dollars because it calls for purchasing drug products at federal prices. Best federal prices are at least 24 percent below average commercial wholesale prices Davies estimated.

The TRICARE Management Activity will manage the new contract. The current, national contract has been managed by the Defense Logistics Agency's Defense Supply Center in Philadelphia.

Patients can fill prescriptions three ways: by direct care at military treatment facilities, the retail pharmacy network or the mail order program, Davies noted. The direct care system serves the bulk of the beneficiary population, he said. About 2.5 million beneficiaries use the retail pharmacy network because they don't have access to a military facility.

Most of the 400,000 beneficiaries who use the mail order program do so for chronic medication or maintenance medication needs, Davies said.

"We want beneficiaries who have long-term medication needs to consider using the mail order program. It provides up to a 90-day supply of most medications for a single co-pay, whereas they only receive a 30-day supply for a single co-pay in the retail network pharmacy system," he said.

Under the TRICARE Mail Order Pharmacy system, the co-pay for up to a 90-day supply for most medications is \$9 for branded products or \$3 for generics. Exceptions include controlled substances, and active-duty members pay no co-pays.

For more information, including a complete section on the co-pay structure, visit the TRICARE Web site at www.tricare.osd.mil. Reservists can check the site for details of their benefits under the program.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.

Thoughts for the New Year

By Chaplain Thom Dansak
Command Chaplain

Okay. Okay. So I didn't keep the resolutions I made for the New Year. I am proud that I kept them for 10 days! That's a little better than I did in 2002.

New Year's resolutions. I am not the only person who made them; I am not the only person who has broken them. Yet, as I thought about this yearly tradition observed by many, I couldn't

help but thank God for two very remarkable elements of human nature that are behind the ritual of making New Year's resolutions. I see two wonderful elements from the Creator's hand.

The first wonderful thing I see in our desire to make New Year's resolutions is this: everyone of us sees ways to make ourselves better, healthier, more organized, or improved. A resolution has that goal—to make me better. To make you better.

To make something about our lives better. Even though we might not have kept the resolutions, at the least, we all thought about ways to improve our relationships, our health, and our life. We are not finished, yet. We want to

make something about ourselves better.

What a wonder human quality this is: The desire to become a better person. What a gift it is to see ways in which we can improve.

The second great thing in our desire to make and keep New Year's resolutions is this: we know that change IS really possible. Deep in our hearts, we know that we are in control of a good part of our life. The excuse "That's the way I am" and "I can't help it" no longer can be an easy way out.

Deep inside, we do know that making a change in some of our living patterns is possible. The way I talk to people, the time I spend with my children, the way I spend or save my money, whether or not I smoke, how much I drink, how honest I am with my life...These as well as many other things about my life can all be changed simply by a decision and by effort.

As we start this New Year, I hope all of us thank our God for creating us with these wonderful gifts: the desire to change and the ability to change.

Change is a wonderful sign of being alive. In the simple act of making that resolution, I am saying to others and myself: There are a few things I want to change and I know that change is possible. Yes, it really is great to be alive.

So, I didn't keep those resolutions, but I will start again TODAY.

An informed Sailor is an awesome Sailor!

Information is the key to success within the Navy. Let's start the new year off with either getting or keeping our Sailors informed. Career information is the best. How can we get information? Make sure your First Term Sailors attend the First Term Success Workshop with the Retention Center, the CONSEP course with FFSC, update your TEAM DETAILING when your in your 13 Month window, conduct Career Development Boards within your command- and don't forget to check out the Stay Navy website @ www.staynavy.navy.mil for everything from career progression, pay, separation and other great information!

Counselor's Corner

Commanding Officer
Capt. Timothy L. Davison

Public Affairs Officer
Lt. Steve Curry

Deputy Public Affairs Officer
Alberto Lunetta

Asst. Public Affairs Officer
JO1 Craig Coleman

Editor
JO2 Jay Price

Staff Writer
JO2(SW) Brian Johnson

Staff Writer
SN Michelle Watkins

The Signature editorial office is located at:

Naval Air Station Sigonella, Sicily
PSC 812 Box 3020

FPO AE 09627.

Telephone: 095-86-5440; DSN 624-5440

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NAVY NEWS

Navy Law Enforcement Academy: Making a difference

By Sandra DeLozier
CNET Public Affairs

SAN ANTONIO (NNS) — It is a common refrain that the world has changed since the events of Sept. 11. Foremost among those changes is a heightened need for security.

Public places and organizations around the United States have instituted new force protection anti-terrorism measures. Many Americans have also taken the time to re-examine their priorities in life and, as a result of this examination, are now stepping forward to serve their country as force protectors.

A great number of young people are joining the Navy with the intention of serving in one of the largest security forces in the world. In order to join the Navy rating of Master-at-Arms, candidates are given the opportunity to participate in six weeks of specialized training at academies such as the Law Enforcement Master-at-Arms School at the Naval Technical Training Center at Lackland Air Force Base in San Antonio, Texas.

The LE/MA school has been conducting quality training since 1985, according to Cmdr. Tito Arandela, director of regional public safety, U.S. Naval Forces Marianas and a former assistant officer in charge of NTTC Lackland. Arandela noted that NTTC graduates are among the Navy's finest and represent the commitment with which training is conducted.

Sailors affirm that same belief. "I feel proud to know that I have graduated from a place like NTTC and have the opportunity to make a difference in people's lives," said MA2 James Hicks, a recent graduate of the school.

A hick directly attributes his decision to re-enter the Navy to the events of Sept. 11. He had previously served in the Navy for 12 years as a boatswain's mate. After three and a half years of being a civilian, came the tragedies in New York, Washington

D.C., and Pennsylvania. "The events of Sept. 11 mobilized me to take action. I went straight to the recruiter and within a few days I was back in the Navy ready for action," said Hicks.

"Hicks and others like him are finding there is a pressing need for law enforcement personnel in the armed services," said Arandela. With this need comes certain benefit. LE/MA candidates who successfully complete training, such as that at NTTC Lackland, may be entitled to bonuses of up to \$5,000. These bonuses are in addition to receiving training that is recognized by many state, regional and national law enforcement/force protection agencies. "A great number of Navy law enforcement personnel go on to serve in civilian agencies and find that their military training greatly facilitates their transition certification," noted Arandela.

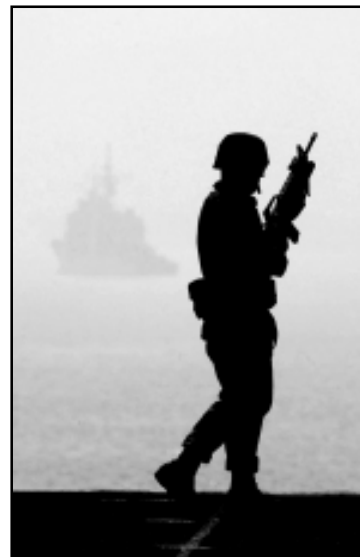
LE/MA students, like all Sailors, are also beneficiaries of the Navy College Program (NCP). NCP provides opportunities for Sailors to obtain college degrees by granting academic credit for Navy training, work experience, and off-duty education. The NCP overall mission is to enable Sailors to obtain a college degree while on active duty. Navy tuition assistance also helps by providing active duty personnel 100 percent tuition payments to cover required course costs, for up to 12 semester hours per fiscal year. This assistance includes courses taken in an off-duty status at an accredited college, university, or vocational/technical institution.

Lifelong learning is an important component of career growth and success, and Navy law enforcement training supports such growth. NTTC Lackland's LE/MA course receives a recommended five semester hours of credit from the American Council on Education that can be submitted when applying to colleges and universities. This course work and accession into a valuable

occupation helps Sailors build valuable knowledge and experience essential for career advancement.

The course work offered at NTTC Lackland's LE/MA course is intended to provide students with entry-level knowledge, skills and expertise in force protection/anti-terrorism and safeguarding of personnel, property and material. Students receive instruction in a range of topics such as tactical verbalization skills, close-quarter tactics, military law, physical apprehension restraint techniques and use of force.

For related news, visit the Chief of Naval Education and Training Navy NewsStand page at www.news.navy.mil/local/cnet.



U.S. Navy Photo by PHC Johnny Biviera

At sea aboard USS Theodore Roosevelt (CVN 71) (Oct. 13, 2001) A Sailor stands a security watch on a ship's flight deck during a Suez Canal transit. Visible through the haze is the guided missile cruiser USS Vella Gulf (CG 72).

2003 TSP changes offer limits

Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — The third Thrift Savings Plan (TSP) open season for the uniformed services ended Dec. 31.

As 2002 came to a close, the Navy continued to lead the other services in new enrollments, with more than 96,161 active-duty and Reserve Navy personnel taking advantage of the program.

The next two open seasons which are currently scheduled to run from April 15 to June 30, and Oct. 15 to Dec. 31 in 2003, Sailors can increase their basic pay contribution from 7 percent to 8 percent, and continue to contribute up to 100 percent of their special, incentive or bonus pays.

Also in 2003, the IRS elective deferral limit will increase from \$11,000 to \$12,000. The IRS elective deferral limit for 2004 is \$13,000; for 2005, \$14,000; and \$15,000 for 2006. For those serving in a combat zone, the ceiling for contributions is \$40,000.

"Time is of the essence," said Chief of Naval Personnel, Vice Adm. Gerry Hoewing. "I hope every Sailor who hasn't already enrolled in TSP takes a hard look at the program and their current financial situation in the days ahead to see if TSP is a viable option for them."

TSP investments may be directed to any of five different funds, which vary in risk and investment mixture. The five funds are government securities investment (G fund); fixed income investment (F fund); common stock index investment (C fund); small capitalization stock index investment (S fund); and international stock index investment (I fund). Contributions are initially directed to the G fund, and service members may then redirect their investment once the account is active.

TSP enrollment can be done online through the "MYPAY" Web site (formerly called Employee Member Self Service (EMSS)) at <https://emss.dfas.mil/mypay.asp>, or by completing a TSP enrollment form (TSP-U-1) and turning it in to the servicing pay or personnel office.

TSP enrollment forms are available at local Fleet and Family Support Centers, Personnel Support Detachments or online at the TSP Web Site, www.tsp.gov. Sailors who sign up or make changes to their TSP accounts via the site should now have the option to print out a receipt of your transaction.

Personal info taken in Health Care computer theft

By Gerry J. Gilmore, American Forces Press Service

WASHINGTON (NNS) — Thieves made off with computer equipment and files from the Arizona office of a military health care contractor Dec. 14, gaining access to some clients' social security numbers, according to DoD's health care management organization.

The TRICARE Management Activity (TMA) noted in a Dec. 23 news release that TriWest Healthcare Alliance Corp., a TRICARE contractor, provides services to military members, their families and retirees living mostly in the central and western United States.

Data files embedded within equipment missing from the Phoenix facility "contained sensitive and personal TRICARE Prime beneficiary information — including claims history and social security numbers," according to documentation provided by TriWest.

The TriWest document went on to

say that officials could account for no motive for the alleged thefts.

The Defense Criminal Investigative Service, FBI and other law enforcement organizations are investigating the incident, according to the TMA release.

The department had been notified of the theft Dec. 20, and DoD has since been working with TriWest, according to TMA, to ensure uninterrupted service for beneficiaries.

TriWest covers TRICARE beneficiaries living in Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming, Arizona, New Mexico, Nevada and extreme western Texas, according to the TMA release. Affected TRICARE beneficiaries can call a toll-free number, 1-888-339-9378, for more information.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.

CNO, from page 1

dent forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Clark adds. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and current readiness since the CNO Guidance for 2002 was published.

"In last year's Guidance, I challenged each of you to make our great Navy even better by enhancing mission accomplishment, deepening the growth and development of our people, and developing innovative operational concepts and capabilities ... and you delivered," said Clark.

"We are enjoying now the best manning I have

witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on mission accomplishment."

"We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts enabled our fleet to be ready earlier, deploy at a higher state of readiness, and build a more responsive surge capability. These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response."

Clark adds that our ongoing success in manpower and current readiness al-

lows the Navy to focus on implementing Sea Power 21. This vision provides the framework for accelerating operational concepts and technologies to improve warfighting effectiveness and enhance homeland security; shaping and educating our force to operate tomorrow's fleet; sustaining readiness; and harvesting efficiencies

to invest in the Navy of the future.

"The significant progress made over the past two years in manpower and current readiness makes it possible to place more emphasis on future readiness to transform our Navy for the challenges ahead. It will take the combined energy and teamwork of our entire Navy and Ma-

rine Corps team to achieve our vision, capture efficiencies, and strengthen how we organize, train, equip and integrate to fight."

The Sea Enterprise process, a key element of Sea Power 21, will enable the Navy to harvest efficiencies and reinvest savings to recapitalize and deliver increased combat capability.

The CNO adds that the Navy will continue to invest in its "number one resource" - Sailors.

"Growth and development' is our byline, and I expect every leader to be deeply involved in developing their shipmates. Active leadership is making it happen today and will do so in 2003," said Clark. "We will reward leaders who understand

the challenges and through innovative and creative leadership, develop their people and accomplish the mission efficiently and effectively."

Clark also challenges every leader to enhance warfighting effectiveness at every level.

"Last year, I told you I wanted every leader to be evaluated on two things, their commitment to the growth and development of their people, and above all, to mission accomplishment. This year, I want to elaborate on that guidance. I want each of you to understand that mission accomplishment means both warfighting effectiveness and resourcefulness."

"Our Navy is the finest it has ever been and getting better every day. I am counting on you to continue our superb record of accomplishment and shape the Navy of tomorrow. Working together, we will achieve the vision."

To read CNO Guidance 2003, Sea Power 21, or more information about CNO, go to www.navy.mil/cno.

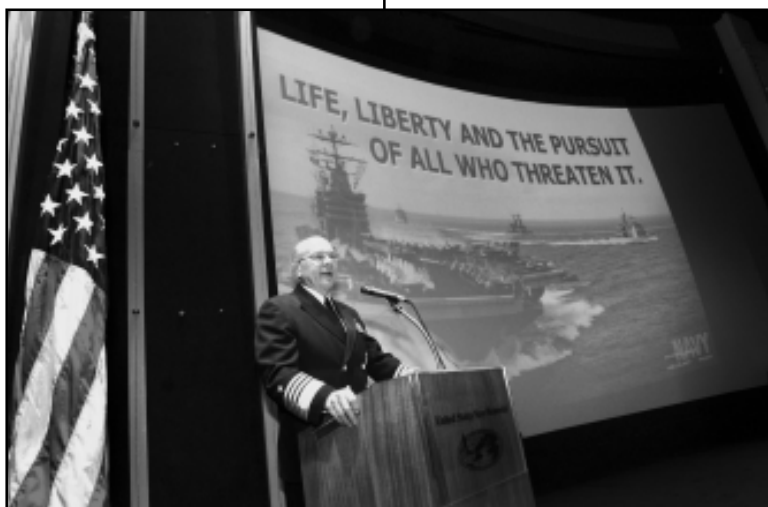


Photo by PHC Johnny Biviera

Washington D.C. (Dec. 12, 2002) -- Admiral Vern Clark, Chief of Naval Operations (CNO) speaks to recipients of this year's Recruiter of the Year awards, inside the auditorium of the Navy Memorial. The CNO wanted to praise this year's attendees for surpassing past recruiting records and to thank them for all their hard work and effort.

News Briefs

New Operating Hours for Housing

On Jan 1, Sigonella's housing Welcome Center changed its operating hours. The new hours are from Monday to Friday from 7:30 a.m. to 4 p.m. On Wednesdays the center closes at 2 p.m. Closed on weekends.

Self-Help will maintain the same operating hours. As always, you may reach us at the following e-mail addresses for assistance in the following areas:

For Economy Housing Trouble Calls: utilities_housing@nassig.sicily.navy.mil

For Government Housing Trouble Calls: FacilitiesTroubleCalls_housing@nassig.sicily.navy.mil

For utilities: utilities_housing@nassig.sicily.navy.mil

For Housing Trips & Shows: shows_housing@nassig.sicily.navy.mil

For assignments to Government Housing: Assignment_housing@nassig.sicily.navy.mil

Any housing concerns or comments should be sent to the Housing PAO via e-mail at pvietti@nassig.sicily.navy.mil

RECAP Corner

The RECAP Corner is designed to keep you informed on various aspects of the \$675 Million recapitalization of NAS Sigonella. This is the second largest construction program in the US Navy and it is designed to improve the Quality of Life and operational elements of both NAS 1 and NAS 2.

The largest portion of construction is currently at NAS 1 where most of the center of the base is currently under construction. The NAS 2 construction effort will be expanding over the next few years, most notably for the recapitalization of the Flight Line.

With the enormous scope of construction work, this is an exciting but disruptive time for NAS Sigonella.

Although we will try to anticipate your questions with advance highlights and explanations of what to expect, you may have other questions or areas you'd like us to highlight. Please send your questions and comments by e-mail to LT Darren Hale at haled@nassig.sicily.navy.mil.

Registration Begins

University of Maryland Registration ends on Jan. 17 with classes beginning on Jan. 21. Call UoM for more information at 624-4492.



Italian News

Sicilian culture and lifestyle



By Alberto Lunetta
Signature Staff

New Police heighten safety in Italian neighborhoods

As reported in *La Repubblica*, the Italian government has recently launched a new street crime crackdown project.

The goal of the program is to develop crime prevention strategies such as citizen patrols (*Poliziotti di quartiere*) or neighborhood policemen. Five hundred policemen on foot patrols who are similar to British Bobbies, belonging to *Polizia di Stato* and *Carabinieri*, have been deployed in 28 provinces throughout Italy. In Sicily, foot patrols have been covering Palermo and Siracusa.

This marks the beginning of a “neighborhood approach” to crime prevention. The project should be completed within the first semester of 2003 and includes the deployment of about 2,000 policemen Italy-wide. Meanwhile, 500 other policemen would be deployed in 24 other cities starting Jan. 20.

These new community officers are mainly young policemen that were previously assigned to police administrative tasks. In the future, these office duties will be carried out chiefly by civilians in order to allow the *poliziotti* to focus on doing their “real job,” is spending more time patrolling the streets and engaging the local community. These *poliziotti* also underwent intensive training in communication skills and foreign languages.

Their responsibilities include responding to criminal violations, being involved in crime prevention, filling gaps in the delivery of human and health care services and answering other calls for assistance. This will contribute making crime prevention programs more visible. Yet, it

will encourage contact between police and citizens, and help developing relationships between police and neighborhood residents and merchants.

Foot patrols wear a different uniform to differentiate themselves from the general police. Polizia officers can be easily identified by their Kepi hats and Carabinieri foot patrols by a red-white stripe on their wind jackets. Both carry firearms and handheld palmtop computers.

“These policemen will be walking their beats and doing so they’ll get to know the families and the shopkeepers in the neighborhood. It will be a great deterrent. They will carry small computers to be able to check remotely things that previously would mean they had to come back to the station,” said Interior Minister Giuseppe Pisanu.

“The new foot-patrols will not replace motorized patrols but, on the contrary, they will play a crucial role in complementing the existing police forces and will become a familiar figure in our towns. Increasing police presence on the streets will allow time to deal with problems and provide support to residents in a more personal way,” said Premier Silvio Berlusconi.

Italians have already welcomed with enthusiasm this new team of policemen. City residents got to know their community officers, told them about neighborhood problems and asked them for directions and information on city government and services, and in so doing avoided long lines at the police stations.

In Siracusa, a foot patrol has arrested a bag-snatcher who assaulted an elderly woman.

“I am very excited to be an ‘Italian Bobby.’ It gives me an excellent opportunity to get out of the car and establish a relationship with the residents,” said a 28-year old community policeman in Palermo.




Extended opening hours for Catania shops

As reported in *la Sicilia*, Catania City Council has approved an extension of the shop opening hours. From Jan. 1 until Dec 31, 2003, shops could open more often and, in some cases, for longer on Sundays and holidays. Residents and tourists will have the chance to shop from 7 a.m. to 11 p.m.

This regulation was necessary, as Catania has been recently rated as one of the most important Italian cities of art and tourism. The city economy could benefit because tourists but also local residents would have access to shops at hours that suit them. Each storekeeper can decide its opening hours.

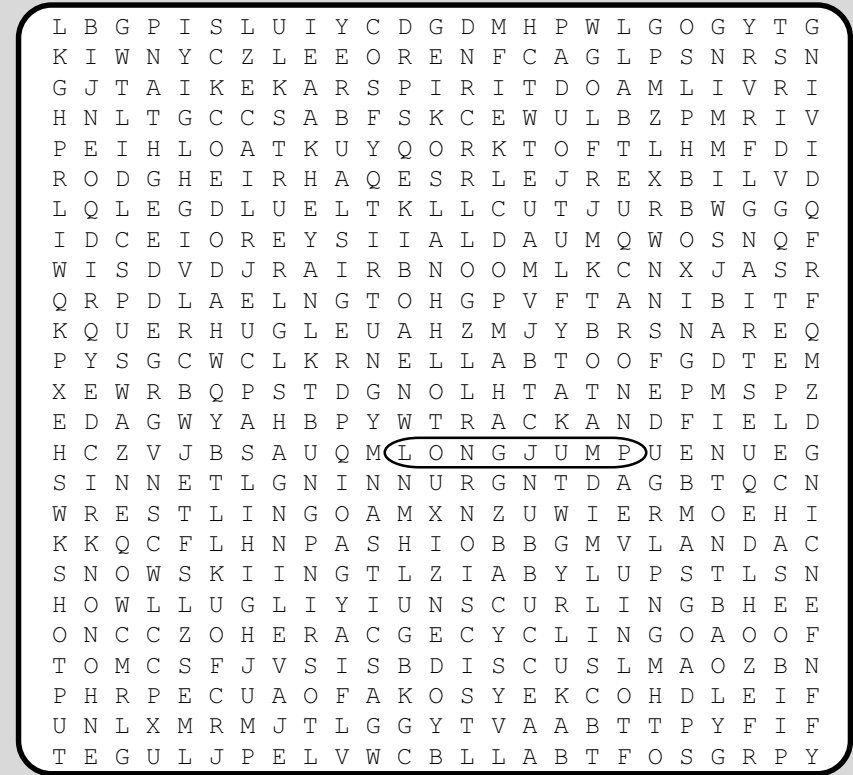
Retailers must remain closed on Jan. 1, Apr. 21, May 1 and Aug. 15. However, they can stay open half-day on Jan. 6, Apr. 20 and 25, Jun. 2 and Dec. 25.

As part of a crime prevention project, new Police foot patrols have been recently deployed in 28 Italian provinces throughout Italy. The goal of the program is to respond to criminal violations and to help developing relationships between police and neighborhood residents and merchants. Polizia officers can be easily identified by their Kepi hats and Carabinieri foot patrols by a red-white stripe on their wind jackets.

SUNDAY MONAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY						
<div>COMMUNITY CALENDAR</div> <div><div>Sigonella welcomes the first baby of the Year!</div></div>						
					10 January	11 CPR and First Aid course from 8 a.m. to 5:30 p.m. 624-5446
	13 AL-anon meeting Building 471 DAPA office 7 p.m.	14 CLEP,DANTESEX-AMS Navy College 624-2513	15 Red Cross/WIC open house 11 a.m. to 12:30 p.m.	16 UMUC registration Navy College 624-2513	17 Base Indoc first day 7:45 a.m. to 1:30 p.m. Community Building	
19	20 CLEP,DANTES, Excelsior Exams Navy College Folder 7:45 a.m.	21 Beary Special Sibs 3 to 4 p.m. at Pediatric waiting area. 624-4291	22 Topolino 2 Kids Indoc at 8:30 a.m. 624-4291	23	24 AIMD Change of Charge	25
26	27 SpecialAdditions 1 to 3 p.m. at Community Bldg.	28 Arrivederci Sig At noon in Community Bldg.	29	30 ACT Exam Navy Campus 7:45 a.m. 624-2519	31 February	1 Wine Tasting in Modica. Call ITT 624-4396
2 Studio Tour Learn about horse carts with ITT. 624-4396	3	4 St. Agata Festival Call ITT. 624-4396	5 St. Agata Fireworks Call ITT. 624-4396	6	7 Catania by Night Adults only with ITT. 624-4396	8

Word Find

Sports



ARCHERY	FIELDHOCKEY	LACROSSE	SHOTPUT
BADMINTON	FOOTBALL	LITTLELEAGUE	SNOWSKIING
BASEBALL	GOLF	LONGJUMP	SOCCER
BASKETBALL	GYMNASTICS	LUGE	SOFTBALL
BOBSLED	HANDBALL	MARATHON	STEEPLECHASE
BOXING	HIGHJUMP	PENTATHLON	SWIMMING
CRICKET	HORSERACING	POLEVault	TENNIS
CURLING	HURDLES	RACQUETBALL	TRACKANDFIELD
CYCLING	ICEHOCKEY	RELAYS	TRIPLEJUMP
DISCUS	ICESKATING	ROWING	TUBING
DIVING	IDITAROD	RUGBY	VOLLEYBALL
EQUESTRIAN	JAVELIN	RUNNING	WATERSKIING
FENCING	JOGGING	SAILING	WRESTLING

TRIVIA

What is the only letter that does not appear in the name of any U.S. state?
A Miranda warning protects your rights under wich U.S. Amendment?
What instrument does actor Woody Allen play?
Eurythmics' Annie Lennox and Dave Stewart were originally part of what 1980 band?
At which Las Vegas landmark did a 1980 fire kill more than 80 poeple?
(Answers on page 8)

Movie Connection

MWR's Theater Schedule

Friday, Jan. 10



5:30 p.m.
Antwone Fisher (PG-13)

8 p.m.
*8 Mile (R) ***

10 p.m.
Ghost Ship (R)

Saturday, Jan. 11



11 a.m.
Spirited Away (PG)

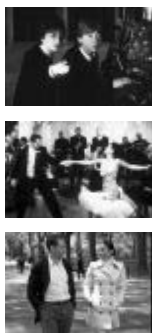
2 p.m.
The Santa Clause (G)

4:30 p.m.
I Spy (PG-13)

7 p.m.
The Two Towers (PG-13)

10:30 p.m.
8 Mile (R)

Sunday, Jan. 12



1 p.m.
Chamber of Secrets (PG)

4 p.m.
My Big Fat Greek Wedding (PG)

6:30 p.m.
Maid in Manhattan (PG-13)

Monday, Jan. 13



5:30 p.m.
*The Ring (PG-13) **

8 p.m.
*Brown Sugar (PG-13) **

Tuesday, Jan. 14



5:30 p.m.
My Big Fat Greek Wedding (PG)

8 p.m.
Analyze That (R)

Wednesday, Jan. 15



5:30 p.m.
Punch Drunk Love (R)

8 p.m.
*Abandon (PG-13) **

Thursday, Jan. 16



5:30 p.m.
The Two Towers (PG-13)

9 p.m.
Ghost Ship (R)

Friday, Jan. 17



5:30 p.m.
My Big Fat Greek Wedding (PG)

8 p.m.
*The Friday After Next (R) ***

10 p.m.
I Spy (PG-13)

Shout

DoDDs students talk about what's happening in the community

Self-discipline and self-confidence: The first steps in becoming a NJROTC

By Leader Cadet ENS John Fontaine

DoDDs student

Self discipline and self-confidence are crucial to becoming a NJROTC leader. I learned the importance of self-discipline and self-confidence at a very young age in life. Tae Kwon Do and karate has been a part of me for over 10 years, dedication and perseverance has been my trademark.

There was a period of time when the core values of integrity, self-control, and indomitable spirit were at its purest form. The achievement and continuity of the rank of black belt has come with many sacrifices, many long hours and difficult periods of training. Maintaining proficiency and teaching others the principles of martial arts clearly demonstrates my solid, unwavering, and unquestionable character.

A year prior to receiving my black belt, I began training for what would be the hardest day of my life. I had to prepare myself for the physical and mental demands of this day. My training program consisted of going to class for about 10 hours every week for an entire year. My training regime was above and beyond normal school responsibilities and extracurricular activities.

Sickness, homework, or any other excuses were not good enough to keep me from missing class. Self-discipline, self-confidence, and determination helped achieve my ultimate goal, to qualify as a black belt. Even after receiving my black belt, I still committed myself and never missed class for another year. Always wanting to better myself and share my experiences with others, I continued attending training despite having attained my personal goal and the ultimate rank of black belt.

My commitment, self-discipline and self-confidence gave me the strength to continue learning after I received my black belt and showed that not only did I want the black belt, but also I wanted to go beyond black belt and teach others. Theses values are important because it made me realize that if you commit yourself, possess reliance and control, anything can be achieved. Having strong convictions made me stick to something for a long time and helped fulfill my personal goals.

I joined the NJROTC program during my junior year of high school. At first it was just another class to me, but I soon realized it was more than that.

Leadership, discipline and responsibility are what the class offered and apart from that, an insight on military customs, mini boot camp is what really changed me as an individual. I saw first hand what the words teamwork and discipline meant through many mentally and physically challenging activities.

It taught me how to develop a respect for the rights, feelings and opinions of others. Integrity is the foundation of leadership and at the heart of integrity is a consistent value system that promotes respect and trust. Standing rotating watches and staying vigilant while others slept made me aware of how important and how much responsibility I carried, how much others trusted in me, and how much trust I had in them. I was able to do things I had never done before. It was great to see everyone pull together as a team and work as one. I left mini boot camp knowing myself better and the ability to know others.

In becoming a NJROTC leader it is important to possess courage. Courage involves doing the right thing. A courageous leader must act in the best interest of the organization, even when that interest calls for great personal sacrifice.

Courage under firer conveys a sense of self-confidence. Self-confidence engenders the confidence in others. People will follow those leaders in whom they have trust and confidence. Leadership is the sum of those qualities that enable a person to inspire and to lead a group of people successfully.

Was So Unfair

by Samantha Bitzelberger

DoDDs student

I feel badly about the way the white people treated the Native Americans in the Trail of Tears. The white people found gold in the heart of the Indian Territory of Georgia. They went into the territory without permission and collected the gold. The Indians were furious. Some say they wanted to fight. Some went to the Supreme Court and talked about it.

The government did not help out at all. They then created the Indian Removal Act. The Indians were driven out of their homes and were moved west to what is now called Oklahoma. I feel really terrible, about their being forced out of their homes to the west.

Many died going there. About thirty-five hundred Cherokee died of hunger before they reached the West. The Seminoles chose to fight, but they lost and they had to move West.

Then the Cherokee had to move West. I would cry all the way because many people died along the way. I really can't imagine how people could treat other human beings the way they were treated.

Violence Everywhere

By Julia Fouse

DoDDs student

I think that this whole terrorists thing is stupid. We just had a war with Afghanistan and now we are going to have another war with Iraq. Last year we had a war with Afghanistan after they went and hi-jacked three airplanes, then suddenly they flew right into the Pentagon and the Twin Towers. Now there are criminal people that kill people for the fun of it, for example the sniper in Virginia. I especially think that this sniper is not very smart because it seems like he wanted to get caught in the act. I think that it should stop because they are acting like they hate each other like animals. But in our classroom, we could help the world by setting a great example by not fighting.

Fri., Jan. 10

- 2002 Cardio kick off at both fitness Centers until Feb. 14. Start your new year right and win cool prizes.
- Catania by night for parents only. Check out the main points of interest with ITT.
- Catania shopping by night.
- Foose Ball Tournament at the 205 Pre-teen Club from 3:30 to 5 p.m. Prizes will be awarded to first, second and third place finishers.
- Mineo Teen State Contest at the Mineo Community Center.

Sat., Jan. 11

- 2002 Cardio kick off at both fitness Centers until Feb. 14. Start your new year right and win cool prizes.
- Join AU and go horse trekking on the south side of Mt. Etna. Experienced riding instructors will guide a three-hour horse trek up the volcano.

Mon., Jan. 13

- Patti and Tindari shopping with ITT. Start the day off at the Caleca Factory, known world wide for hand painted pottery. Then head off to the historic town of Tindari.
- Start saving up for St. Patrick's Day in Dublin and other ITT extended trips.

Tues., Jan. 14

- 2002 Cardio kick off it both fitness Centers until Feb. 14. Start your new year right and win cool prizes.
- Celebrate Family Communication Day at Take 5. Take 5 will supply postcards and mail them for you. All you have to do is fill one out.

Wed., Jan. 15

- Free Racquetball Clinic from 11:30 a.m. to 12:30 p.m. at NAS II Gym.
- Sigonella In-line Club has a pick up game today from 5:30 to 8 p.m. Full gear is required to play.

- Stop by Take 5 and talk about travel opportunities and get up to date information on the Liberty Program from 4:30 to 5:30 p.m.
- Foose Ball Tournament at the 205 Pre-teen Club from 3:30 to 5 p.m. Prizes will be awarded to first, second and third place finishers.

Thurs., Jan. 16

- 2002 Cardio kick off at both fitness Centers until Feb. 14. Start your new year right and win cool prizes.
- Foose Ball Tournament at the 205 Pre-teen Club from 3:30 to 5 p.m. Prizes will be awarded to first, second and third place finishers.
- Treasure hunt from 4 to 5 p.m. at Blast.

For information on community events call MWR at 624-5271.

DAYS, cont. from front

Opera Digest Awards” as Outstanding Villainess in 1996, 1998, and 1999. In 2001, Sweeney won the “Soap Opera Digest” Outstanding Younger Lead Actress Award. She now currently resides in Los Angeles with her husband, David.

On Dec. 26, the day after Christmas, the friendly cast members cheerfully sat down to a breakfast interview to chat about the Holiday tour, *Days*, their fans, and life.

MG: What made you decide to participate in this tour, especially during the holiday season?

A: *It’s a time when people miss home the most. Homesickness is higher during the holidays and so doing something like this brings a taste of the states to the people overseas.*

M: *This is an unforgettable experience.*

MG: What has been the reaction of the Sailors to your visit? How has that affected you?

M: *Everyone was very welcoming, very happy. They were all pleased.*

A: *Very cool. Even for the people who were non-fans, because they all knew someone who was a fan of Days. It was definitely more than I expected.*

MG: Days has been #1 for more than 300 weeks. How does it feel to be a part of such a powerhouse soap opera?

A: *For me, it’s not something I think about every-day. The best part are the fans when they come up to you and ask you questions about the show. The best part is definitely the fan response. People talk to their moms, sisters, and best friends about the show. It’s really exciting. To go to work and do what I do and to have people think about it and want to scream at my character, because I play a villainess. I love that part of my job.*

J: *The effect you have on people. Because of the show’s popularity people look forward to not only the entertainment but it also gets fans through diseases, divorces and other bad moments in life.*

M: *The show has healing powers. It’s cathartic. It’s an escape for viewers.*

MG: For each of you, what has drawn you to become an actor in the entertainment industry?

M: *My injury (referring to high school football experience) changed the path I was on. It led to a modeling career and now I’m Days, which is an incredible experience.*

A: *I’ve been acting since age 4. So, it’s something I’ve done since I was a kid. For me, Days was just another audition and I got the job!*

J: *I was in college and I was planning to go to law school. A friend of mine talked me into going to an audition, so, I went. And, honestly, he told me it was a great place to meet women!*

MG: How is working on a soap opera different from working on other types of productions such as movies?

J: *Everything is different. It’s harder because you have a script and you have to mentally breakdown each scene.*

A: *Working on a soap is quick. We do one program a day and we can never show reruns. You can’t ever get sick.*

M: *Well, actually, you can get sick, but, you just still have to show up!*

A: *Right, and the hours are long. We’ll be there on Saturdays and it’s just take after take.*

M: *I had just done a film practically the day before I started on Days of Our Lives. We would do one scene and it could be about twenty takes before it was right (at the movie set). When I went to the set of Days what was seemingly rehearsals were actually the takes which went on the show.*

MG: Besides your professional goals, what do you hope to accomplish in your life?

A: *I feel I have a lot left to learn. I still would like to try a little bit of everything, go and see the world, and go out and do my part in society.*

M: *I just hope to maintain happiness. Teach what I have learned to others, continue to learn, and give back. I would like to use my voice in positive ways. Above all, I’d like to be a happy, fun-loving guy for the rest of my life.*

J: *It’s all bout finding ways to make a difference. I hope to find my own way to make a difference and share that with the world.*

MG: Do you have a message for Days of Our Lives fans here in Sigonella?

J: *We are grateful to our fans. I think Alison has a great relationship with her fans because of her website.*

A: *Yeah, I personally respond to all the fans that leave messages on my website.*

M: *To our fans here, just be patient! James is working on having Days broadcasted to the military. So, be patient, it could be soon!*

Trivia answers

1) Q 2) 5th 3) Clarinet 4) The Tourists 5) MGM Grand Hotel